

# Patient information from BMJ

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## ADHD in adults: questions to ask your doctor

**If you are going to see a doctor to discuss your ADHD, you may want to think of some questions beforehand to ask them. Your doctor will be able to answer most of them, or they will refer you to someone who can answer specific questions in more detail.**

Here are some questions that you might want to ask.

- What is ADHD? How might it impact my daily life and relationships?
- What assessments will you do to find out if I have ADHD?
- Have I always had ADHD?
- Could my ADHD symptoms be more severe because I didn't get treatment as a child?
- What are the treatment options for ADHD?
- Do these treatments have side effects?
- How long will I need to have treatment?
- Will I need to see a specialist? Where does treatment take place?
- What will happen if I have no treatment?
- Are there strategies I can use at home or work to better manage my ADHD symptoms?
- Are there any tools I can use to help me stay on track with my daily tasks?
- How can my workplace support me in managing my ADHD?
- Can changing my diet help improve my ADHD symptoms?
- How do I explain ADHD to my friends and family?
- What can I do if I feel overwhelmed by my ADHD symptoms?
- Where can I find more information about ADHD?
- Are there any local support groups where I can talk to other people with ADHD?

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